

Abstract

The present invention relates to a lipid system, and methods for using such a lipid system, containing specific relative ratios of omega-3, omega-6, and omega-9 fatty acids. The lipid system may be used independently or as a component of a nutritional product. A lipid system according to the present invention may contain omega-3 fatty acids, omega-6 fatty acids, and omega-9 fatty acids with the ratio of omega-6 fatty acids to omega-3 fatty acids preferably being between 0.25:1 and 3:1, and the ratio of omega-9 fatty acids to omega-3 fatty acids preferably being between 0.4:1 and 3:1. The present invention also relates to methods for administering a lipid system or a nutritional product containing the lipid system to an individual.

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